

### **ABSTRACT**

A compact stance guide is disclosed to help the user achieve and hold a number of stances so that the holding of each stance provides a corresponding health benefit. The compact stance guide includes a foot engaging device, a body engaging device and a framing structure connected to the foot engaging device and the body engaging device. At least part of the foot engaging device, the body engaging device or the framing structure are objects in pre-existence and made for another purpose hence the thus formed stance guide becomes lower in cost and perceptually more compact in size. In a specific embodiment, the compact stance guide includes a separate feet board, two elbow-engaging members and an extensible balancing bar. The extensible balancing bar has two ends for engaging two opposing vertical surfaces of a preexisting object for support.